



2023/ 2024 Executive and Contacts

Meeting dates:

Sep 18, 2023
Oct 16, 2023
Nov 20, 2023
Dec 11, 2023

Chair: Wilf Brodrick chair.branch2100@bcgre.ca
Vice Chair: Robin Rutherford vicechair.branch2100@bcgre.ca
Secretary: Carol Paulson secretary.branch2100@bcgre.ca
Treasurer: Lu Gaudet treasurer.branch2100@bcgre.ca
Membership Chair: Janice Leonard membership.branch2100@bcgre.ca

Directors:

Goodwill and welfare:

Surindar Angl

Current Membership for Branch 2100 Langley/Surrey 721 individuals.

Approximate meeting attendance is 40-50 members

Registration:

Marina Stevens

Our year end social was quite the event. We had an inside picnic, which was a great choice, as it did rain. We enjoyed music by John Parsons, The Ultimate One-Man Band who is also a BCGREA member. Great food, a celebration cake for our Life Members, and a lot of comradery & just great socializing.

Guest Speaker

Coordinator:

Darryl Walker

Conveners:

Linda Mann
Christine Sereda

Phoning

Coordinator:

Chris Roberts

Vacant Positions/

Wish list

Newsletter:

Carpooling

Coordinator:

Other possibilities are open for suggestion. This is your group and your social life is a priority.



Check in, get your ticket 😊.



*John Parsons
The Ultimate One
Man Band, his
musical talents
were enjoyed by
all. Thank you John*



Branch 2100 Langley/Surrey

July 2023



Life Members enjoying the day



A Cake to celebrate Life Members Milestone

A Life Member is an active member who's paid dues constantly for twenty years with full privileges continued. Due to covid restrictions our branch celebrated the years 2000, 2001, 2002, 2003 this year for a total of 57 members, some of which came to the June social.

Life members year 2000: Klaus Bogan, Paul Brinton, Christopher Deakin, Eric Eastick, Frank Kowenhoven, Ian Land, June McMillian, Carol Mobberley, Joyce Moski, Stella Welsh, Gail Wilson.

Life members year 2001: Eva Bukowski, Donna Carlow, Glyn Davies, Mike Dwyer, Mary Leiper, John Mackie, Elsie McDonald, Matt Offer, Harcourt Rhodes, Eileen Stevens, Mavis Hope.

Life members year 2002: Lenora Alexander, Peter Arabsky, Marjory Biggs, Julie Buxton, Don Elmer, Thomas Fitzgibbon, Marcia Hastings, Ralph Hayward, John Kemp, Elvira Maurice, Elli Mitchell, William Montgomery, Douglas Newman, Wayne Odermatt.

Life members year 2003: Neil Atwater, Delores Bird, Winston Bromley, Michael Collison, Mary-Ann Coupland, William Ellis, Delva Gospodlyn, Donald MacNeil, Frank Potoma, Gwilym (Owen) Price, Robert Steeves, Antonia (Tonny) VanDyk, Ute Vellguth.

What has the Executive been up to this quarter:

Special General Meeting and Workshops: Wilf, Lu, Carol, and Janice attended this meeting on April 25 & 26. BCGREA Provincial Body: Check out the website for detailed information at <https://bcgre.ca/bcgre-extraordinary-general-meeting-notice>

Meet your Executive





Branch Leadership Meetings

On May 2nd we had a meet and greet. We discussed the delegation of duties & responsibilities for our Leadership team, a brief discussion of the April 25 Special General Meeting and the constitutional changes.

July 25, 2023 was a follow up to see what we had accomplished. We have speakers arranged, meeting Notice improved, Newsletter confirmed, Treasurers report signed off, and in progress items such as job descriptions just to name a few of our discussion items. It was a very informative and productive meeting. Thank you to our great leadership team.



Healthy Living Practices. Being the best you, you can be.

This issue is about your heart and the role of water (importance and benefits).

How many folks do you know who say “they don’t want to drink anything before going to bed” because they’ll have to get up during the night.

Heart Attack and Water. I never knew all of this. Interesting....

Something else I did not know.... I asked my doctor “Why do people need to urinate so much at nighttime.” Answer from my cardiac Doctor, “Gravity holds water in the lower part of your body when you are upright, (legs swell). When you lie down and the lower body (legs etc.) seeks level with the kidneys, it is then, that the kidneys remove the water because it is easier.” This then ties in with the last statement! I knew you need your minimum water to help flush the toxins out of your body, but this was news to me. Correct time to drink water..... Very important.

From a Cardiac Specialist: Drinking water at a certain time maximizes its effectiveness on the body

- 2 glasses of water after waking up – helps activate internal organs,
- 1 glass of water 30 minutes before a meal – helps with digestion,
- 1 glass of water before taking a bath- helps lower blood pressure,
- 1 glass of water before going to bed- avoids stroke or heart attack.

I can also add to his My physician told me that water at bedtime will also help prevent nighttime leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

You need minimum water to help flush the toxins out of your body. This is easier for your kidneys to do when you are laying down your body is level.

Humour is good for the brain, Laughter is best = Endorphins.

Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

Q: What do you give a fisherman who is going deaf? A: A herring aid. *Maybe I need better jokes for more Endorphins. LOL*



Brain Health, <http://www.terrismall.com/>

Brain Bulletin #89 - Are the Janitors in Your Brain Getting a Chance to do Their Job?

I take my brain health seriously. How about you?

The New England Journal of Medicine says that brain-condition related deaths are sky-rocketing. Between 1979 and 2010, men are up 66%, and women 92%.

Studies find that 54% of these could have been avoided. I think in the future this number will be higher. Prevention is key.

What if you could hire a crew of janitors to keep your brain in good condition? You already do have a crew, but they may not be getting a chance to do their job.

The answer: sleep.

The University of Rochester Medical Center for Translational Neuromedicine released a study showing slumber gives your brain a chance to clear out potentially harmful waste that build up while you're awake. This waste includes amyloid beta - a driver of Alzheimer's.

Essentially, while you sleep your brain "takes out the trash".

If we cut back on sleep the janitors may not have the time.....

This process is called the glymphatic system. It is ten times more active when you are sleeping than when you are awake.

Of note:

- Lack of sleep seems to play a role in dementia, and other brain disorders.**
- Cellular waste is flushed out of your brain cells and into your circulatory system, and then to the liver.**
- Cerebral spinal fluid is pumped through your brain tissue to remove the waste. When you sleep, your brain cells shrink 60%. This allows the fluid to move faster, and more freely.**
- The pumping of this fluid takes a lot of energy. Energy that doesn't seem to be available when you are awake, and engaging actively with your environment.**

The lead author of the study Dr. Maiken Nedergaard puts it this way, "You can think of it like having a house party. You can either entertain your guests, or you can clean the house. But, you can't really do both at the same time."

The research points out that nearly all degenerative brain diseases are linked to the accumulation of cellular waste products.



Most studies indicate that if you add up all your minutes of sleep for the year and divide by 365, the number should be between 7 and 9 hours of sleep.

Not everyone has an easy relationship with sleep. Here's help:

[Nine Bad Habits that Can Steal Your Sleep](#)

[Seven Foods that Help You Get a Better Sleep](#)

On a lighter note, Ernest Hemingway once said, "I love sleep. My life has the tendency to fall apart when I'm awake, you know?"

Together we can make this Newsletter Great



1) "From the membership" section of the newsletter

Your contribution, regular or occasional, is very welcome. These could be cute articles about a vacation, gardening advice, great recipes, maybe a nice hiking spot. Any "get involved opportunities" that you know about, keep in mind that the newsletter is circulated 3-4 times a year at most. Keep the article short and easy to read.



2) editor and chief of our newsletter

Are you missing your communications and public relations days? How about taking on the Branch newsletter. Only 3-4 issues a year. The leadership team are here to assist you, if you'd like to give it a try.

If you're interested in either of these items, please contact:

membership.branch2100@bcgre.ca

Hope to hear from you.

Thank You